

Kids' Tri 2011

Swim...Bike...Run



Sunday, August 14, 2011 • KRMC Wellness Center • 7:30 a.m. check-in

Calling all kids! Jump start your day on the right foot with the Kids Triathlon for kids ages 0 to 18. Swim, bike, and run your way to great health!

Age Group Distances:

Age	Swim	Bike	Run	Age	Swim	Bike	Run
2 & under	25 yards	1 small loop	1 lap on track	9 to 10	100 yards	1 block loop	1 Dirt loop
3 to 4	25 yards	2 small loops	1 lap on track	11 to 12	100 yards	2 block loops	2 Dirt loops
5 to 6	50 yards	1 mid loop	2 laps on track	13 to 14	200 yards	3 block loops	3 Dirt loops
7 to 8	50 yards	1 block loop	3 laps on track	15 to 18	300 yards	4 block loops	4 Dirt loops

Detailed course map available at Wellness Center prior to race

Awards: All finishers will receive a Finishers T-shirt, a competitors medal, and food & drinks at the finish line

Swim: Flotation devices & a parent are required for ages 0-5 and optional for ages 6 and 7. No snorkel or fins are permitted.

Bike: Bike, tricycle, training wheels are allowed. **No** scooters or skate boards will be allowed. If a Bike is needed contact Anna Shuffler (279-2386) to make arrangements. All participants must wear a bike helmet.

Run: Athletic shoes are required.

Entry Fee: \$10 for each participant if registered by August 13, 2011.

A late registration fee of an additional \$5 will apply for each participant that registers day of race.

Race Packet: Race Packet Pick-Up and race informational meeting Saturday, August 13th from 4pm–6pm at SHIFT (208 N. 5th Street). Body marking and transition area set up will start at 7:30 am Sunday, August 14, 2011. For more information, call Anna Shuffler at 279-2386.

Kids Tri 2011—August 14, 2011—9:00 AM—KRMC Wellness Center

Name

Address

City/ZIP

E-mail Address

Best Phone

Gender

Age on race

Before August 14th Entry Fee \$10
On August 14th Late Entry Fee \$15 total
Make Checks Payable to Crazy 8 Race

T-shirt Size (Circle one) :

Youth XS S M L

Turn form & entry fee into front desk of KRMC Del Webb Wellness Center or Kids Little Smiles

Anna Shuffler
 Phone: 279-2386
 Email: trainwithanna@yahoo.com

WAIVER: On behalf of my kid(s), I release and hold harmless any and all rights and claims for damages I have against Shuffler Peak Fitness and Kids Little Smiles, all sponsors and their representatives, and all volunteers any and all claims of damages, demand actions. What so ever in any manner, as a result of my and my child (children) participation in this event, including, but not limited to any injuries I or my child (children) might suffer. I acknowledge that I am aware of the inherent risks in participating in an athletic event of this type and accept those risks. I attest and verify that my child (children) am physically fit and have sufficiently trained for the completion of this event and a licensed medical physician has verified his/her/their physical condition. Further, I hereby grant full permission to any and all of the foregoing to use my and my child (children) name, voice and/or picture in any broadcast, telecast, advertising, promotion or other account of this event for any purpose whatsoever. I understand that the entry fee is nonrefundable and numbers are nontransferable.

Parent or Guardian Signature

Date

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